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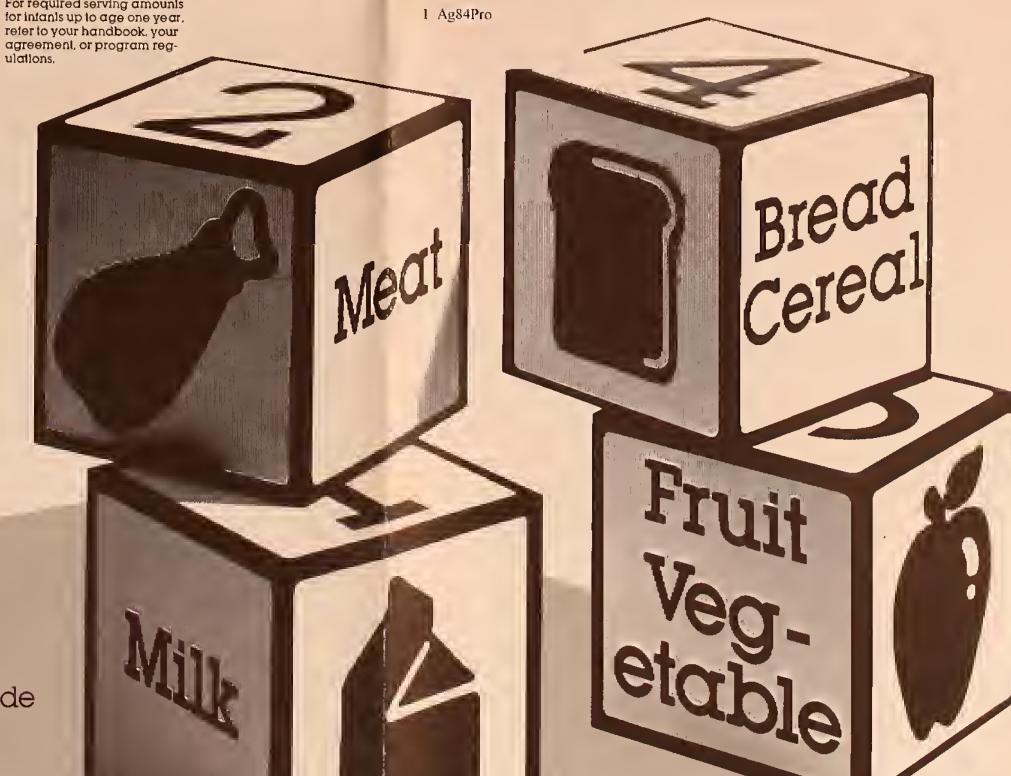
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# 1023163047

# FOOD CHART Child Core Food Program

		Age 1-3	Age 3-6	Age 6-12
BREAKFAST	<b>Milk</b>	½ cup	3 <sub>4</sub> cup	lcup
	Juice or Fruit or Veget	able 1/4 cup	½ cup	½cup
	Bread or	½ slice	½ slice	l slice
	Cereal	l⁄₄ cup	½cup	3 <sub>4</sub> cup
SNACK (supplemental food)	Milk or			
	Juice or Fruit or Veget	able ½ cup	½ cup	lcup
	Bread or	½ slice	½ slice	l slice
	Cereal	¹⁄₄ cup	½cup	3 <sub>4</sub> cup
LUNCH/SUPPER	▲ Milk	½ cup	3 <sub>4</sub> cup	lcup
	Meat or Poultry or Fish	or lounce	l <sup>1</sup> / <sub>2</sub> ounces	2 ounces
	Cheese or	l ounce	e l½ ounces	2 ounces
	Eggs or	1	1	1
	Peanut Butter or	2 Tablespo	ons 3 Tablespoons	4 Tablespoons
	Dried Beans and Peas	s ½ cup	3/8cup	½ cup
	Fruits (2 or more) or			
	Vegetables (2 or more) or			
	Fruits & Vegetables to	total 1/4 cup	½ cup	3 <sub>4</sub> cup
	Bread	½ slice	½ slice	lslice
	For required serving amounts	Ag84Pro		



The four food groups.

## Recordkeeping

• Keep menu records

 Count meals served to enrolled children to adult staff to other adults

### Points to Remember

• Use fluid milk

• Use bread or cereal made from enriched or whole grain flour

Use full-strength fruit juice

• Each child must be served the required amount of each food group at all meals

The Child Care Food Program is open to all eligible children regardless of race, sex, color, creed, or national origin.

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